Visualizing and Predicting Heart Diseases with an Interactive Dashboard

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EFFECTS ON EXISTING HEART DISEASE ON AVERAGE OF EXERCISE ANGINA

ANGINA:

Angina is chest pain that comes and goes. There are several types of angina. Stable angina (angina pectoris) is the most common type, and it's caused by coronary artery disease. Rest and medication can ease your angina and improve your quality of life. Severe or unexpected angina signals a heart attack and needs immediate medical care.

It is a discomfort that happens when your heart isn't receiving enough oxygen- rich blood. As a result, your heart may beat faster and harder to gain more blood, causing you noticeable pain. Angina isn't a disease. It's a symptom and a warning sign of heart disease.

About 10 million people in the U.S. experience angina. So, if you have this symptom, you're certainly not alone. It's important to learn more about angina, what causes it and how to manage it in your daily life.

SYMPTOMS:

Most people with angina describe having chest pain or pressure. Or they describe a squeezing sensation or a tightness in their chest. Some people say it feels like indigestion Others say it's hard to describe angina with words.

The discomfort usually begins behind your breastbone. Sometimes, you may not be able to locate exactly where the pain is coming from. Pain/discomfort you feel in your chest may spread to other parts of your upper body.

These include your neck, jaw, shoulders, arms, back or belly.

Lack of oxygen to your heart can cause other symptoms, known as "angina equivalents."

These are symptoms that you don't feel in your chest, including:

- Nausea or vomiting.
- Shortness of breath.
- Sweating a lot.
- Fatigue.
- Pressure or squeezing in your chest.
- The discomfort may spread to other parts of your upper body like your arms or jaw.

The following is the data visualization for the effects of existing heart disease on a average of exercise angina